



# TOWER GROVE CHRISTIAN ACADEMY PRE-SCHOOL

## HEALTHY HABITS MENU

AUGUST 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>
Chicken Rings <b>SIDE ITEMS:</b> Seasoned Noodles Lettuce & Carrot Salad Sherbet 1% Milk	Toasted Ravioli <b>SIDE ITEMS:</b> Bowtie Pasta with Spaghetti Sauce Cooked Broccoli Seasonal Fresh Fruit 1% Milk	Mostaccioli with Meat Sauce <b>SIDE ITEMS:</b> Tossed Salad with Italian Dressing Seasonal Fresh Fruit Crazy Bread 1% Milk	Bosco Stick with or without Sauce <b>SIDE ITEMS:</b> Cucumber Circles with Dip Seasonal Fresh Fruit 100% Fruit Juice Bar 1% Milk	PAPA JOHNS CHIPS FRUIT SNACKS 
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
9	10	11	12	13
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>
Pancake with Syrup <b>SIDE ITEMS:</b> Turkey Sausage links Seasonal Fresh Fruit Yogurt 1% Milk	Nachos and Cheese <b>SIDE ITEMS:</b> Green Beans Churro Seasonal Fresh Fruit 1% Milk	Popcorn Chicken French Fries Seasonal Fresh Fruit Brownie 1% Milk	Baked Macaroni & Cheese <b>SIDE ITEMS:</b> Cherry Tomatoes with Dip Teddy Grahams Seasonal Fresh Fruit 1% Milk	PAPA JOHNS CHIPS FRUIT SNACKS 
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
16	17	18	19	20
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>
Pepperoni Hot Pocket <b>SIDE ITEMS:</b> Lettuce & Carrot Salad w/ Ranch Seasonal Fresh Fruit Cookie 1% Milk	Macho Nachos <b>SIDE ITEMS:</b> Shredded Lettuce & Tomato Yogurt Seasonal Fresh Fruit 1% Milk	Chicken Nuggets <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit Mini Rice Krispies Treat 1% Milk	Chicken Nuggets <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit Mini Rice Krispies Treat 1% Milk	PAPA JOHNS CHIPS FRUIT SNACKS 
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
23	24	25	26	27
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>
Chicken Nuggets <b>SIDE ITEMS:</b> Sweet Potato Fries Cucumber Circles with Dip Rainbow Sherbet 1% Milk	Spaghetti with Meat Sauce <b>SIDE ITEMS:</b> Green Beans *WG Dinner Roll 100% Fruit Juice Bar 1% Milk	Spaghetti with Meat Sauce <b>SIDE ITEMS:</b> Green Beans *WG Dinner Roll 100% Fruit Juice Bar 1% Milk	Poor Boy on WG Coney Bun <b>SIDE ITEMS:</b> *Potato Chips Seasonal Fresh Fruit *Mini Rice Krispies Treat 1% Milk	PAPA JOHNS CHIPS FRUIT SNACKS 
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
30	31			
<i>Morning Snack</i>	<i>Morning Snack</i>			
<b>HEALTHY HABITS LUNCH</b>	<b>HEALTHY HABITS LUNCH</b>			
Pancake with Syrup <b>SIDE ITEMS:</b> Turkey Sausage links Seasonal Fresh Fruit Yogurt 1% Milk	Orange Chicken <b>SIDE ITEMS:</b> White Rice Steamed Broccoli Fortune Cookie 1% Milk			
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>			



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